



# MS Peer Support in VIC

## Group listing

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### ABOUT MS PEER SUPPORT

**Our MS Peer Support program** is a great way for people affected by multiple sclerosis to connect and support each other — both those living with the disease, and also carers, family and friends.

**Giving and receiving practical and emotional support** can help you understand a recent diagnosis, manage your symptoms and live well with multiple sclerosis. It's also a great way to make new friends!

You can connect with an MS Peer Support group **face to face, online, or over the phone** — whatever makes you feel the most comfortable.

It's completely **free** to participate. Our current groups are listed below. We also list areas we have identified for new groups.

**If you can't find a group that suits you, please contact MS Connect™** (Freecall 1800 042 138 or email [msconnect@ms.org.au](mailto:msconnect@ms.org.au)) to register your interest and discuss alternative options.

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### MELBOURNE AND SURROUNDS

#### Eastern

##### **Blackburn Singing Group / Choir**

- Thurs, 11am–1pm

##### **Blackburn Discussion Group**

- Every 2<sup>nd</sup> Wed, 1–3pm

##### **Croydon Peer Support Group**

- 4<sup>th</sup> Tues of month, 11am onwards

##### **Ringwood Men's Group**

- 1<sup>st</sup> Monday of the month, 7pm onwards

##### **Women in the East**

- 1<sup>st</sup> Thursday of the month, 11am onwards

#### Northern

##### **Coburg Support Group**

- 1<sup>st</sup> Wed of month, 1–3pm

##### **Coburg After Hours Support Group**

- Last Thurs every 2nd month, 7–9pm

##### **Mill Park / Northern Group**

- 4<sup>th</sup> Tues of month, 11am–12.30pm

##### **Sunbury Support Group**

- Last Mon of month, 1–3pm

#### Southern

##### **Cheltenham Peer Support Group — water aerobics**

- Tues, 11.00am onwards

##### **Elwood Support Group**

- 3<sup>rd</sup> Sat of month, 4–7pm

##### **Frankston Support Group**

- 1<sup>st</sup> Saturday of month, 11am–1pm

##### **St Kilda Support Group**

- 1<sup>st</sup> Tues of month, 11am–1pm

#### Western

##### **Sunshine Mixed Day Group**

- Last Thursday of month, 10am–12pm

##### **Footscray Culturally and Linguistically Diverse Group**

- 1<sup>st</sup> Tuesday of month, 10am–12pm

#### CBD

##### **People working in the City Area**

- 1<sup>st</sup> Tuesday of month, 5.30 onwards
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## REGIONAL / RURAL VIC

### Hume

#### Albury/ Wodonga Support Group

- 2<sup>nd</sup> Sat every 2nd month, 10.30am–12.30pm

#### Benalla Support Group

- 2<sup>nd</sup> Mon of month, 10am–12.30pm

#### Kyabram Support Group

- 1<sup>st</sup> Wed of month, 5–6.30pm

#### Myrtleford Support Group

- 4<sup>th</sup> Mon of month, 10.30am–12pm

#### Shepparton Support Group

- 3<sup>rd</sup> Tues of month, 9.30am–12.30pm

#### Yarrawonga Support Group

- 1<sup>st</sup> Tues of month, 11.00 onwards

### Gippsland

#### Bairnsdale Support Group

- 4<sup>th</sup> Wed every month, 10.30am–12pm

#### Bass Coast Mixed Day Group

- 1<sup>st</sup> Wed of month, 10.30am–12.30pm

#### Latrobe Valley Peer Support Group

- 4<sup>th</sup> Wed of month, 10.30am–12.30pm

#### Wellington Support Group (Maffra/ Sale)

- 1<sup>st</sup> Wed of month, 1pm onwards

#### Yarra Ranges (Coldstream)

- Every 3<sup>rd</sup> month, 11.30am–1pm

### Mornington Peninsula

#### Mornington MS Peer Support Group

- 2<sup>nd</sup> Tues of month, 12.30–2pm

#### Rosebud MS Peer Support Group

- 3<sup>rd</sup> Monday of month, 1.30 - 3.30pm

### Grampians

#### Ballarat Support Group

- 4<sup>th</sup> Wed of month, 10.30am–12pm

#### Grampians MS Peer Support Group (Stawell)

- 4<sup>th</sup> Thurs of month, 4.30–6pm

#### Sunraysia Peer Support Group (Mildura)

- 3<sup>rd</sup> Saturday of the month, 11am onwards

### Loddon

#### Bendigo Support Group

- 1<sup>st</sup> Tues of month, 3.30–5pm

#### Echuca Support Group

- 2<sup>nd</sup> Mon of month, 10.30am–12pm

#### Kyneton Support Group

- 4<sup>th</sup> Wed of month, 10.30am–12.30pm

#### Maryborough Support Group

- 4<sup>th</sup> Fri of month, 2–4pm

### Barwon

#### Geelong Mixed Day Group

- 4<sup>th</sup> Tues of month, 11am–12.30pm

#### Geelong Young Women's Coffee Group

- 3<sup>rd</sup> Wed of month, 6.30pm onwards

#### Lara Support Group

- Thurs every 6 weeks, 12–2pm

#### Warrnambool Support Group

- 3<sup>rd</sup> Wed of month, 10.30am onwards

## MS PEER SUPPORT IN VIC continued

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### CARERS GROUPS

#### Blackburn Carers Support Group

- 1<sup>st</sup> Wednesday of the month, 1.30 – 3.30pm

#### Northern Carers Support Group

- Last Thursday of the month, 7.30 – 9.30

#### Newstead/ Castlemaine Carers Support Group

- 3<sup>rd</sup> Thursday of the month, 11.00 – 1.00

#### Werribee Carers Support Group

- Last Tuesday of the month, 7- 9pm

### MS TELEGROUPS

Telegroups are an effective way of connecting people by phone who have a common need. Telegroups meet by telephone rather than in person.

#### Men with Secondary & Primary Progressive MS

- 1<sup>st</sup> Thursday of the month, 1.30 - 2.30pm

#### People with MS living in residential care

- 1<sup>st</sup> Wednesday of the month, 11.00 - 12.00nn

#### People with MS – general group for people wanting support & to share information

- 1<sup>st</sup> Monday of the month, 11.00 to 12.00pm
- 2<sup>nd</sup> Tuesday of the month, 7pm to 8pm

#### Carers/ family members

- 2<sup>nd</sup> Tuesday of the month, 10.00 to 11.00am

#### After hours for Working People with MS

- 1<sup>st</sup> Thursday of the month, 7pm to 8pm

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### FACEBOOK GROUPS

Facebook and online groups are moderated by trained MS Peer Support volunteers — click on the links below to access the groups

Young Carers Facebook Group (aged 13-21yrs)

Carers/Family Members Facebook Group (21yrs +)

People Living with MS Facebook Group (all ages)

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### ABOUT MULTIPLE SCLEROSIS LIMITED (MS)

MS is the pre-eminent source of information, advice and services for people newly diagnosed or living with the disease. We're a combined entity of ACT, NSW and Victoria with more than 55 years' insight into how to live well with the disease. While many

things have changed over the years our focus remains the same: to help people live their lives with multiple sclerosis and provide them with the best long term options and life outcomes.

Please contact MS for more information:

MS Connect™: 1800 042 138

Email: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

Web: [www.ms.org.au](http://www.ms.org.au)